

ABSTRACT

The present invention provides a high level optical recording material which is capable of recording and reading by a blue laser with a short wavelength. An optical recording material comprises an organic dye compound A whose absorption maximum wavelength (λ_{max}) is not less than 340 nm and not more than 440 nm and a metal-complex compound B whose absorption maximum wavelength (λ_{max}) is not less than 500 nm and not more than 900 nm, the content of the organic dye compound A is higher than the content of the metal-complex compound B, and light resistance x determined by a predetermined method is not less than 30%.